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- 1. A method for molding panels in a sheet molding system comprised of a thermoplastic sheet delivery station and two mold halves, the method comprising the steps of
 - (a) delivering two sheeting layers of thermoplastic material between the two mold halves;
 - (b) inserting a rigidizing insert between the two sheeting layers of thermoplastic material;
- (c) closing the mold halves to bring the two sheeting layers of thermoplastic material in contact with the insert; and
 - (d) compressing the thermoplastic sandwich between the mold halves to form a panel.
- 2. The method of claim 1 wherein at least part of the thermoplastic sheet delivery system is disposed vertically above the mold halves.
 - 3. The method of claim 1 wherein the thermoplastic sheet delivery system delivers at least two sheeting layers of thermoplastic material between the two mold halves downward from a position vertically above the mold halves.
 - 4. The method of claim 1 wherein closing the mold halves to bring the two sheeting layers of thermoplastic material in contact with the insert forms a thermoplastic-insert sandwich.
 - 5. The methods of claim 1 wherein the thermoplastic sheet delivery station comprises one or more extruders.
 - 6. The method of claim 5 wherein the thermoplastic sheet delivery station also comprises one or more pair of calendaring rollers.
 - 7. The method of claim 1 wherein the thermoplastic sheet is a flax/polypropylene sheet.
 - 8. The method of claim 1, further comprising the steps of delivering a layer of surface covering material to at least one mold half.
 - 9. The method of claim 8, wherein the surface covering material is comprised of carpeting.

- 10. The method of claim 9, wherein the surface covering material is delivered to the mold half which forms a top side of the part formed.
- 11. The method of claim 1, wherein the thermoplastic sheeting layers delivered to both mold halves are comprised of the same thermoplastic material.
- 12. The method of claim 1, wherein the thermoplastic sheeting layers delivered to the mold halves are comprised of different thermoplastic material.

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- 13. A thermoplastic-insert sandwich comprising at least two layers of thermoplastic sheeting layers abutting at least two sides of a pre-manufactured, rigidizing insert.
- 14. The thermoplastic-insert sandwich of claim 13 wherein the rigidizing insert is comprised of foam core material.
 - 15. The thermoplastic-insert sandwich of claim 13 wherein the rigidizing insert is comprised of structural foam.
 - 16. The thermoplastic-insert sandwich of claim 13 wherein the rigidizing insert is comprised of compatible thermoplastic foam.
 - 17. The thermoplastic-insert sandwich of claim 13 wherein the rigidizing insert is comprised of thermoplastic honeycomb core material.
 - 18. The thermoplastic-insert sandwich of claim 13 wherein the rigidizing insert is comprised of soundproofing/acoustic foam.
- 19. The thermoplastic sandwich of claim 13, further comprising a layer of decorative20 material.
 - 20. The thermoplastic-insert sandwich of claim 13 or 19 wherein the sandwich is essentially free of any adhesive material.

- 21. A laminate panel comprised of two or more molded layers of thermoplastic sheeting layers abutting a pre-manufactured insert.
- 22. The laminate panel of claim 21 wherein the panel is essentially free of any adhesive material.
- 5 23. The laminate panel of claim 21 wherein the thermoplastic sheeting layers are thermoplastically bonded to the insert.
 - 24. The laminate panel of claim 21 wherein the insert assists in rigidizing the panel.
 - 25. The laminate panel of claim 21 wherein the rigidizing insert is comprised of foam core material.
- 26. The laminate panel of claim 21 wherein the rigidizing insert is comprised of structural foam.
 - 27. The laminate panel of claim 21 wherein the rigidizing insert is comprised of compatible thermoplastic foam.
 - 28. The laminate panel of claim 21 wherein the rigidizing insert is comprised of thermoplastic honeycomb core material.
 - 29. The laminate panel of claim 21 wherein the rigidizing insert is comprised of soundproofing or acoustic foam.

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- 30. The laminate panel of claim 21 or 22 wherein the laminate panel is an automotive trim panel.
- 31. The laminate panel of claim 30 wherein the laminate panel is further comprised of a decorative layer.